



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Aragga Dhallaanka: Laga soo bilaabo xilliga dhalashada ilaa sanadka 1-aad

Infant Vision: Birth to 1 Year (Somali)

Muxuu ilmahaygu arkaa? Tani waa su'aal la'iswadiiyo badanaa. Qoraalkan waxa uu qeexayaa waxa ilmahaagu arko laga bilaabo dhalashada ilaa 1 sano jir, iyo sida aad u kicin karto aragga ilmahaaga.

Dhalashada ilaa 1 bil

Dhalashada, ilmahaaga:

- Wuxuu arkaa madow iyo caddaan iyo cawl.
- Maaha mid iftiinka kajawaaba.
- Waxay leeyihiin indho qiyaastii 65% cabbirkooda ah da'dooda weyn.
- Dhibna ku qabaan diirad saaridda ee indhahooda.
- Wuxuu leeyahay indho waaweyn marka loo eego jirkooda.

Hal usbuuc kadib dhalashada, ilmahaagu wuxuu bilaabaa inuu si tartiib ah u yeesho aragga midabka. Waxay kaloo arki karaan qiyaastii 8 ilaa 10 inji. Marka uu jiro 6 toddobaad, ilmuhu wuxuu arki karaa qiyaastii 12 inji.

2 illaa 3 Bilood

Ilmahaagu waa inuu:

- Indhahooda la raacaan waxyaabaha. Tan waxa loo yaqaan raadraac (laraac).
- Aqoonsado wajigaaga.
- Bilaabo inuu laaco waxyaabaha.
- Xusuustaa waxay arkaan.

2da bilood ee ugu horeeya nolosha, indhaha dhallaanka si fiican uma wada shaqeeyaan waxaana laga yaabaa inay isu gudbaan ama wareegaan. Tani inta badan way iska baaba'daa. Haddii ay sii socoto, ama haddii isha had iyo jeer gudaha kujiro and banaanka, la hadal dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaadka.

4 Bilood

Aragga ilmahaaga waa nadiif, oo hadda meel fog buu wax ka arki karaa. Weli waxay door bidaan inay si dhow kuu eegaan. Da'dan, dhallaanka ayaa isticmaala labada indhood (aragga binocularka) wuxuuna ka shaqeysiinayaa aragtidooda oo qoto dheer Waxay iskudhiiri geliyaan wakhtiga ciyaarta iyagoo laacaya walxaha ifaya iyo alaabta ilmaha ku ciyaaraan.

6 Bilood

Indhaha ilmahaaga waa inay wada shaqeeyaan mar kasta. Waxay arki karaan midabada sida dadka waaweyni oo kale. La ciyaaraan peek-a-boo oo isticmaal muraayadaha si aad uga caawiso horumarinta aragga.

- Midabka indhaha ilmahaaga ayaa isbeddeli kara 6da bilood ee ugu horreeya. Dhallaan badan ayaa ku dhasha indho buluug ah. Waqti ka dib, midab madow ayaa samaysma, kaas oo ka dhigaya indhahooda madow. Caadiyan midabka wax badan kama beddelmo ka dib da'da 6 bilood.

7 illaa 12 Bilood

Ilmahaagu hadda aad buu u socsocdaa. Waxay ku fiican yihiin in la qiyaasta masaafada iyo qabashada walxaha. Dhallaanku waxay baranayaan sida araggoodu u shaqeeyo marka jirkoodu dhaqaaqo.

Goorta ay tahay in la Waco Dhakhtarka

Dhammaan dhallaanka waa in ay baaritaan joogto ah la sameeyaan dhaqtarkooda ama bixiyaha xanaanada caafimaadka si ay uga baaraan dhibaatooyinka.

Dhallaanka waqati hore dhasha (dhicis) waxay halis sare ugu jiraan dhibaatooyinka aragga. Dhammaan dhallaanka dhicisoobay waa in uu arko takhtarka indhaha ee carruurta (ophthalmologist) marka ay da'doodu u dhaxayso 1 ilaa 2 sano.

Wac dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaadka haddii:

- Indhahoodu aysan wada shaqeeynin ama/iyo si fiican isugu toosneyn dhammaan jihooyinka.
- Bu'dooda ay kala cabbir duwan yihiin.

- Indhahooda ku haadraacayn sheyda.
- Ay eegayaan nalalka.
- Indhahoodu ay leeyihiin jeeximo ama qolof badan.
- Madaxooda ay dhinac u leexiyaan ama u jeediyaan si ay u arkaan walxaha.
- Hal il ay inta badan xiraan.
- Ay aad ugu nugul yihiin iftiinka.
- Aad ka welwelsan tahay indhaha ama aragga ilmahaaga.

Haddii dhakhtarka caadiga ah ee ilmahaaga ama bixiyaha xanaanada caafimaadka uu ka walaacsan yahay caafimaadkooda isha ama horumarka aragga, waxay kugula talin karaan dhakhtarka indhaha ee carruurta.

Haddii ay jiraan wax dhibaato ah oo dhinaca aragga ilmahaaga, waxa fiican inaad hore u hesho. Hadba sida dhibaatooyinka hore loogu helo, sida ugu dhakhsaha badan ee loo daryeeli karo.